



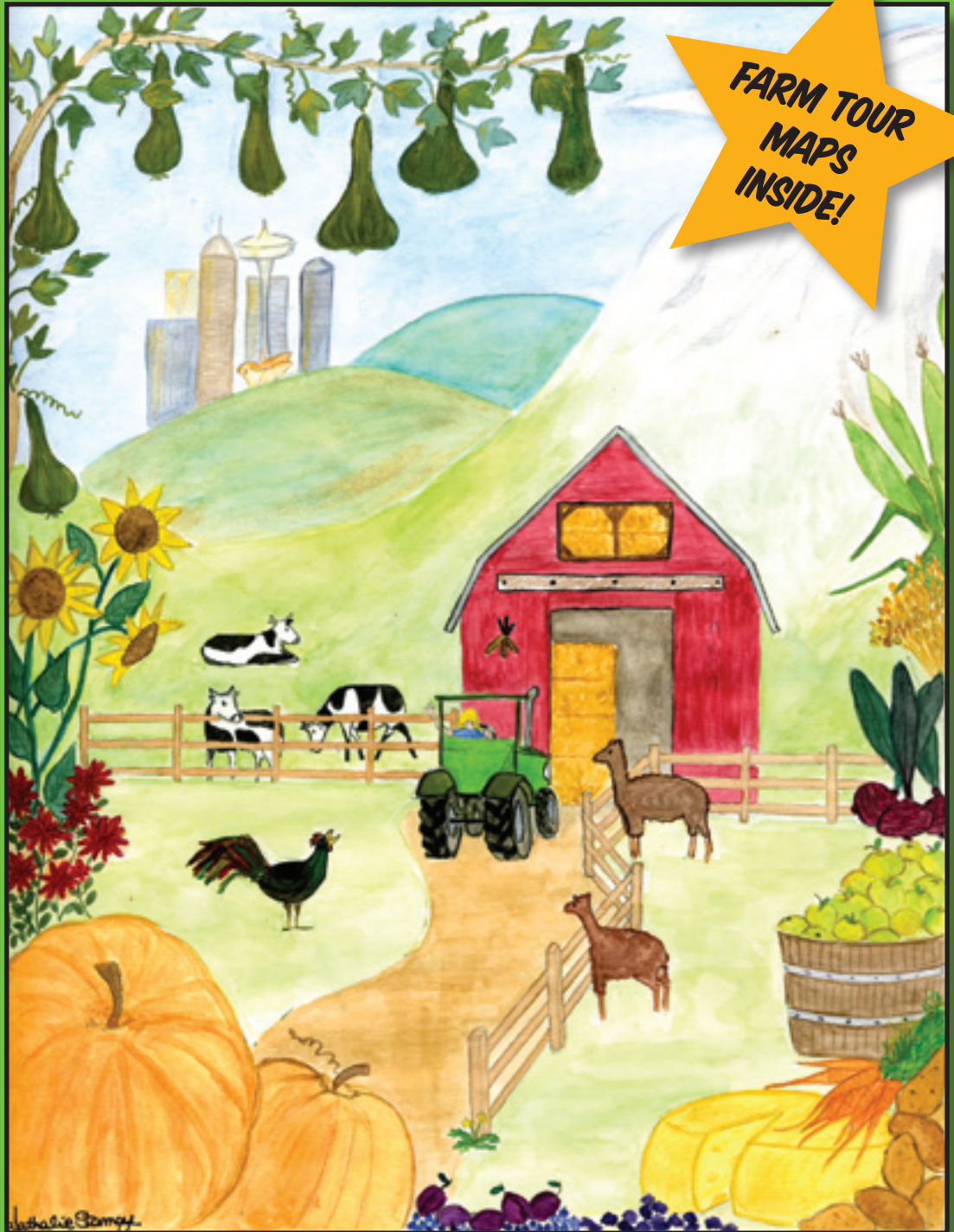
*PRESENTS THE 7<sup>th</sup> ANNUAL KING COUNTY*

# **HARVEST CELEBRATION FARM TOUR**

**OCTOBER 1  
2005  
10 AM TO 4 PM**

*Celebrate  
the Bounty  
of King County!*

**FREE**  
(SUGGESTED DONATION \$10 PER CAR)



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- What's in season now
- Farmers markets
- U-Pick farms
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- On-farm stands
- Harvest charts
- Farming information
- Recipes
- CSAs/Home Delivery

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- Bambuza Bistro
- Haggen/Top Foods
- Metropolitan Market
- Herban Feast Catering/Sweet & Savory Pantry
- Madison Market
- Larry's Markets

Wendy & Andrew Stout,  
Full Circle Farm

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LOCAL FARMS AND  
FARMING



Puget Sound Fresh is a program of Cascade Harvest Coalition with support from King and Snohomish counties.  
*Building healthy food and farm systems by cultivating common ground among farming and non-farming communities.*

CASCADE HARVEST COALITION  
For information on membership and more, contact:  
4649 Sunnyside Ave. N., Room 123 • Seattle, WA 98103  
206-632-0606 • email: [mary@oz.net](mailto:mary@oz.net)  
[www.cascadeharvest.org](http://www.cascadeharvest.org)

- Volunteer for on-farm work parties to provide fresh produce to local food banks
- Find out about becoming a farmer or transitioning your farm through FarmLink
- Participate in local Harvest Celebrations
- Support formation and growth of local ag commissions



WASHINGTON  
**FARMLINK**

# King County Agriculture


**Good for our economy,  
our environment and  
our quality of life.**



## Did you know ?

- The total value of agriculture products sold annually by King County farmers is nearly \$120 million.
- Farmers in King County raise over 200 types of vegetables. Pumpkins, squash, zucchini, lettuce, beets, corn and carrots are major crops.
- The average King County dairy farm produces enough milk for nearly 30,000 people per year.
- King County has a drainage assistance program to assist farmers with the maintenance of agricultural watercourses.
- There are approximately 2000 beef cattle in King County.
- The King County horse population is one of the highest in Washington
- The King County Farmland Preservation Program, created by voters in 1979, is one of the first such programs in the United States. Since then, over 13,000 acres of King County farmland is owned and preserved for farming through this program.
- The King County Agriculture Commission made of citizens active in agriculture; meets monthly to discuss agriculture related issues and agricultural land use. For more information visit <http://dnr.metrokc.gov/topics/agri/agtopic.htm> or call 206-296-8349.

Protecting farmland helps maintain **fish and wildlife** habitat and provides **beautiful, natural aesthetic value** which, blended with urban elements, diversifies the **lifestyle that we cherish** in the Pacific Northwest.

 **King County**  
Department of  
Natural Resources and Parks  
**Water and Land Resources  
Division**



# CELEBRATE THE BOUNTY OF KING COUNTY!



As King County Executive, I am committed to maintaining a healthy agricultural community in our county. Every King County resident benefits from successful local agriculture whether through farming the land, raising livestock, protecting open space, preserving significant historic agricultural buildings, or buying produce from local farms.

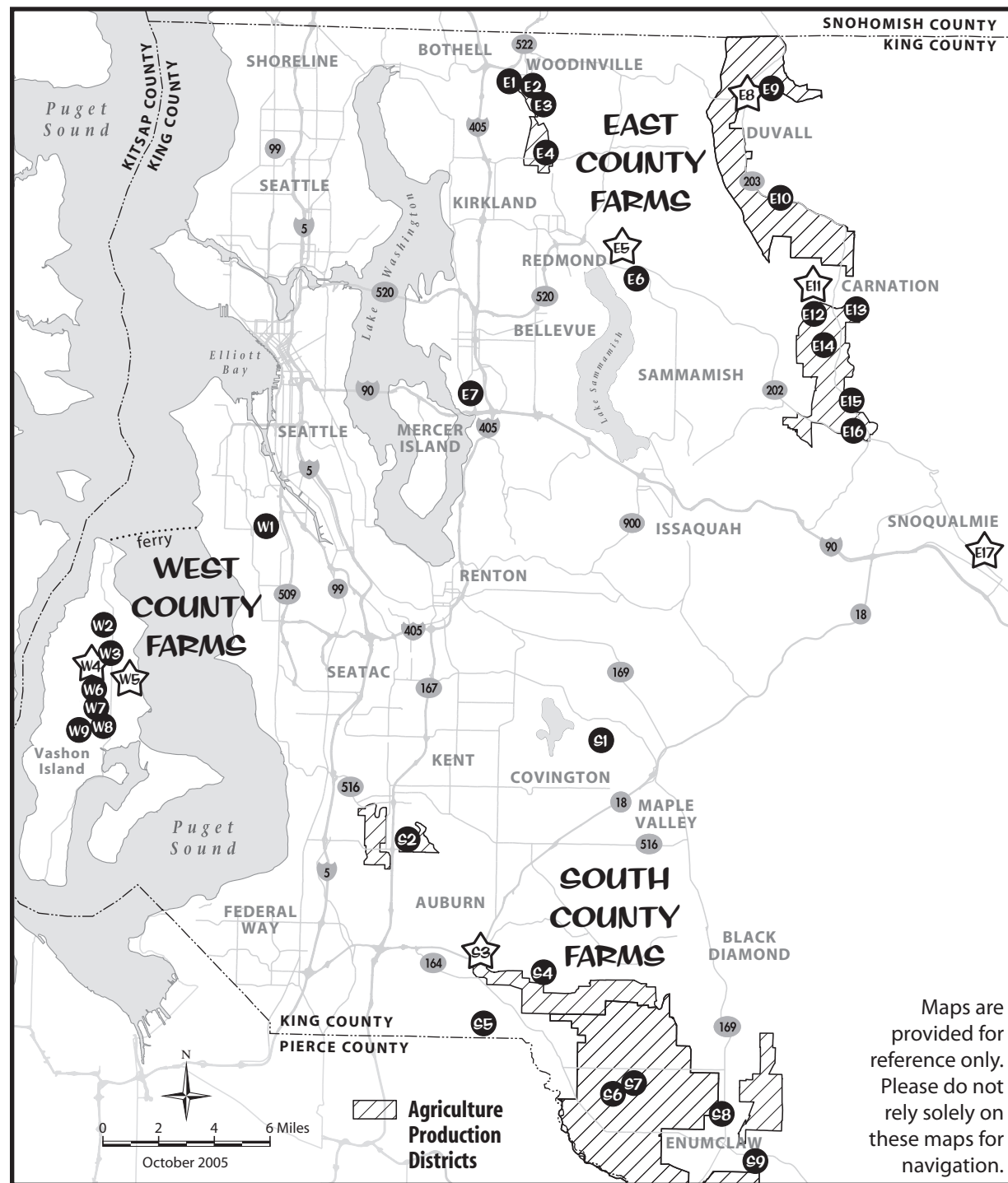
King County government has established Agricultural Production Districts, comprised of 42,000 acres; has permanently preserved 13,000 county acres through the

Farmland Preservation Program; has helped create the FarmLink Program to maximize farming opportunities; and has developed Puget Sound Fresh- a successful, multi-county program promoting local produce.

Two exciting new projects include the Rural Economic Strategy that will identify increased opportunities to preserve and enhance the rural economy and the *Barn Again Program*, which will provide preservation assistance to owners of historic barns and agricultural buildings that reflect the county's rich agricultural history. A number of historic farms are included in the Tour.

King County's Harvest Celebration Farm Tour is an important part of our strategy for promoting local agriculture. Not only does this event give King County residents the opportunity to experience our local farms and see our agricultural heritage, it also shows local farmers that we care about the work they do. Thank you for joining me in support of local agriculture. I look forward to seeing you out on the farms.

Ron Sims  
King County Executive



Maps are provided for reference only. Please do not rely solely on these maps for navigation.



WSU King County Extension is proud to present the 7<sup>th</sup> Annual Harvest Celebration Farm Tour. This year, WSU King County Extension, our volunteers, and our partners invite you to CELEBRATE with us! Celebrate your community. Celebrate the Bounty of King County. I hope you will join me in taking this annual opportunity to learn about our local farms while enjoying what rural King County has to offer.

We have expanded the Harvest Celebration Farm Tour this year to include more farms than ever. On the first Saturday in October, 36 sites will be open to the public, including **nine** sites that are new to the tour. In partnership with 4Culture and the King County Office of Business Relations and Economic Development we have also added an exciting new component to the tour that spotlights several King County Agricultural Heritage sites, which you'll find throughout the guide. You can also enjoy chef demonstrations at **five** different farms, where you can discover tasty ways to prepare some of our fresh local bounty.

The Harvest Celebration Farm Tour is one of the many ways WSU King County Extension works to promote farming in King County. We have a strong history of supporting and promoting local agriculture. Programs like the Cultivating Success education series for new farmers, grant funded projects to assist immigrant farmers, and efforts to promote agriculture by strengthening the whole local food system, all contribute to the health of our local agriculture. We're also working to strengthen connections between farms and schools through innovative nutrition education programming and through our Farm to School Connections Team- for community-based farm to school efforts.

I invite you to get together with family and friends and celebrate the Bounty of King County at the 7<sup>th</sup> Annual Harvest Celebration Farm Tour. Get out there and enjoy - see you at the farm.

Brad Gaolach  
Director, WSU King County Extension

## AGRICULTURAL PRODUCTION DISTRICTS

Because we live in a largely urban county, agriculture is often threatened by development. Fortunately, the Growth Management Act (GMA), which requires designation of agricultural and forest lands of long-term commercial significance, was passed in 1990. King County designated five Agricultural Production Districts and the Forest Production District and subsequent planning efforts established minimum lot sizes

and uses for these districts and their surrounding areas. We have outlined the Agricultural Production Districts on this year's Harvest Celebration Farm Tour maps because of the significant economic impact these districts have on King County.

Source: 2004 King County Comprehensive Plan. Metropolitan King County Council. Chapter 3. Page 24.

<http://www.metrokc.gov/ddes/compplan/2004/index.htm>

Produced by King County WLR Visual Communications & Web Unit.  
File name: 0509harvestCELE.indd wgab

Cover artwork by Nathalie Stamey.

If you require special accommodation, call WSU King County Extension at 206-205-3100 at least two weeks prior to the event. No endorsement or judgment of farms or businesses listed or not listed.

This information is available in alternative formats for people with disabilities. Please call 206-205-3206 or TTY 711.

# FULL CIRCLE FARM

CERTIFIED ORGANIC

Join our Community Supported Agriculture (CSA) program and sign up for your box of fresh fruits and vegetables – available weekly or twice-monthly, all year round!



*Boxes with customized contents now available!*  
Sign up online at [fullcirclefarm.com](http://fullcirclefarm.com).

Full Circle Farm delivers farm-fresh organic produce to more than 30 CSA pick-up locations in King County. Each box contains over a dozen different selections of certified organic fruits, vegetables and herbs. We pride ourselves on offering a flexible and affordable service to meet the needs of all our CSA members. Make a direct connection with your local organic farmer, support sustainable agriculture and join Full Circle CSA today!

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Carnation, Washington, in the heart of the Snoqualmie Valley

Full Circle Farm is a sponsor for the 7th Annual Harvest Celebration Farm Tour. Please join us on Saturday, October 1 from 10 a.m. to 4 p.m. for food, farm tours, chef demonstrations and fun!

— COUPON —

## Get 50% OFF Your First Week!

Become a member of our CSA program and receive your first box of delicious produce at half price. It's easy – sign up on our Web site and have immediate access to our Members Only area where you can customize your box contents!

Offer valid for new members only. Mention *Harvest Celebration 2005*.

## Ask a Master Gardener!

Contact the Master Gardener  
Phone Clinic for...

- Up-to-date horticulture information
- Focused on environmentally safe methods
- Based on WSU research
- Provided free to the public

206-296-3440

Monday-Friday 10a.m.-4 p.m.



For general information about the King County Master Gardener program, call 206-205-3122 or visit [metrokc.gov/wsucel/gardening](http://metrokc.gov/wsucel/gardening).

WASHINGTON STATE UNIVERSITY  
KING COUNTY EXTENSION



Do your part to protect native salmon!

Look for the Salmon-Safe label on food from local Northwest farmers.

Salmon-Safe farms help keep our rivers clean enough for native salmon to spawn and thrive.

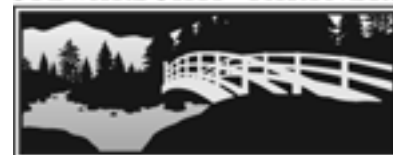
### Salmon-Safe farmers:

- \* control erosion
- \* minimize chemical use
- \* plant trees along the stream banks
- \* improve passage for migrating fish
- \* irrigate efficiently
- \* promote native biodiversity

Salmon-Safe products available at: Seattle area farmer's markets, PCC Natural Markets, and other Puget Sound food retailers

For a list of Puget Sound area Salmon-Safe Farms visit [www.stewardshippartners.org](http://www.stewardshippartners.org)

### STEWARDSHIP PARTNERS



Helping Landowners Preserve the Environment

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FIND THIS FARM TOUR GUIDE ONLINE AT [HTTP://WWW.METROKC.GOV/WSU-CE/FARMTOUR/](http://www.metrokc.gov/wsu-ce/farmtour/)

## Kid's Farm Art Contest

Sponsored by

*SeattleTeth*

Hey kids! Pick up an entry for the Farm Art Drawing Contest and borrow crayons at any farm on the tour, then draw pictures showing what you learned about farms during the Harvest Celebration. When you are finished, leave your art with our fabulous volunteers at any farm, or mail it in to farm tour headquarters (postmarked by October 7, 2005). Our friendly judges at WSU King County Extension will admire your work and award fun prizes. Mail your completed entries to:

Harvest Celebration Farm Art Contest, WSU King County Extension, 919 SW Grady Way, Suite 120, Renton, WA 98055.



## Interview Your Local Farmer!

Learn more about King County farmers by talking with them while out on the tour. Some of them may be very busy, but if you get the chance, ask them some of these questions. You'll learn a lot more about farming in King County!

- How long have you been farming?
- Where did you learn to farm?
- How do you sell your products and where can I buy them?
- What are your plans/dreams for the future of your farm?
- Why do you farm?
- What do you find most challenging about farming?
- What do you find most rewarding about farming?


See page 6 for an example of a completed farmer interview.

## HOW TO ENJOY THE HARVEST CELEBRATION FARM TOUR

Here are some ideas on how to get the most out of your day on King County farms!

-  **Plan ahead.** King County is large, so choose 3 or 4 farms that seem the most interesting to you and look at the route you will need to take to get to them.
-  **Bring a map** of King County! We have tried to give you directions to each farm from major roads, but please don't rely on our maps if you are unfamiliar with rural King County.
-  **Bring water and snacks.**
-  **Leave pets at home** and respect off-limits areas. These are working farms.
-  **Get a Puget Sound Fresh sticker** from one of our volunteers at the first farm you visit and wear it proudly to help us count attendance!
-  **Be cautious around the farm animals**, wash your hands after touching them, and make sure to listen to any instructions or warnings that the farmers give.
-  **Dress for the weather** and make sure to wear appropriate shoes.
-  **Fill out a Farm Tour Passport** and turn it in at the end of the day to win great prizes! See page 8 for details.
-  **Check the Harvest Celebration Farm Tour web site** at <http://www.metrokc.gov/wsu-ce/farmtour> for updates to this brochure. We'll be updating the website frequently, so check for recently-added events, demonstrations, and information.


## Ditch Maintenance Research Project

Farms with the  symbol are part of a WSU/King County research project that aims to determine effective and economical means to maintain agricultural watercourses without degrading fish habitat and water quality. For more information see <http://csanr.wsu.edu/AgEnvironment/ditchMaintenance.htm>.

## Organic Farms

Farms with the  symbol have been certified organic by certification agencies that have been accredited by the USDA. This does not mean that farms on the tour without this symbol necessarily use synthetic chemical fertilizers or pesticides or do not farm sustainably. Most small-scale, commercial farms employ sustainable farming practices but choose not to become certified for a variety of reasons.

## King County Farmers Manage Their Manure!

A single horse generates about 50 pounds of manure per day! Depending on how manure is managed, it can be either a valuable resource or an environmental concern. Landowners in King County implement farm plans or selected best management practices to ensure that manure is properly managed and utilized. This makes good use of a natural resource and protects water quality. If you are interested in using composted manure as a soil amendment, contact the King Conservation District for sources and the WSU King County Extension office for information on how to use it. To see examples of how livestock manure and bedding are being managed, please visit the farms with the  symbol.

## King County Farmers Protect Salmon!

Farms with practices that help keep our streams and rivers healthy enough for native salmon to spawn and thrive are marked by a  symbol because they are certified as Salmon-Safe. This is an emerging independent certification program administered locally by the non-profit Stewardship Partners. They look at riparian and wetland protection, water use/irrigation management, erosion and sediment control, chemical use, animal management, and biodiversity practices when evaluating farms for certification.



-  Farms growing fruit, vegetables, and herbs
-  Farms raising animals
-  Farms raising trees and nursery plants
-  Farms with special, educational events or demonstrations coordinated by WSU King County Extension
-  Farms offering music and/or storytelling
-  Public restroom available
-  Farms with managed livestock manure and bedding (see below)
-  Ditch Maintenance Research Project Farms
-  Farms certified organic by the USDA
-  Agricultural heritage sites
-  Farms certified salmon safe by Stewardship Partners



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and other  
Cougar gear.



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## HOMELAND SECURITY



Buy local.

It matters.



KING-PIERCE COUNTY  
FARM BUREAU

## Cultivating New Farmers

By Sylvia Kantor, WSU King County Extension

The average age of a farmer in King County is 56. This means that as farmers retire, new farmers are needed to keep our agricultural lands productive, keep our farmers' markets vibrant, and increase the amount of fresh local produce that flows through our food system. WSU King County Extension is working to assist new farmers in getting practical education and training through Cultivating Success – a program developed by Washington State University, University of Idaho, and the non-profit, Rural Roots.

*"The first thing people say is you can't make any money farming.*

*But you need the right tools, like a good lease and credibility."*

According to Jeff and Lisa Mathias, credibility means not just thinking of themselves as farmers or artists but as business people.

The courses are designed for new farmers just getting started and existing farmers who want to change their farm enterprises. Last fall, WSU King County Extension piloted an overview course called *Sustainable Agriculture for Small Acreage Farmers* and in winter held a business planning class called *Tilling the Soil of Opportunity*. Already we are seeing some success stories. Here is a profile of a success story in the making – one you can learn more about by visiting Faerie Hill Farm on this year's Harvest Celebration Farm Tour.

**Farmers:** Jeff and Lisa Mathias, Faerie Hill Farm

**Location:** Vashon Island, WA  
Before choosing to live on Vashon, Jeff and Lisa had been living in Eatonville close to where Jeff works during the winter at Mt. Rainier National Park. However, shortly after they started taking the Cultivating Success business planning class at WSU King County Extension, they changed tacks completely and decided to move to Vashon Island. They found their current land lease on Vashon through Washington Tilth's farmer placement service.

So far, Jeff and Lisa have discovered

a strong community and a cooperative spirit among Vashon farmers. Vashon offers a vast resource and knowledge base for new farmers to draw upon. According to Jeff and Lisa, there always seems to be someone on the island who can answer any farm-related question that they have.

**Experience:** Farming Internship at Homestead Organics in Montana, Cultivating Success Business Planning Course, started Faerie Hill Farm in May 2005.

**Reason for farming:** "Why we are here is because of the kids." Once they had children, Jeff and Lisa became much more conscious about what they were eating and how they were living. They started to buy organic food and then to grow some of it and eventually decided to make farming their lifestyle and business. Jeff and Lisa home school their daughters, Zoe 10 and Raelani 7, who also have roles on the farm. Due to unforeseen success with radish seeds, they found they had more radishes than they needed. Zoe took it upon herself to get up at 6 AM on Wednesdays to bunch and deliver them to the local food bank. She hopes to raise chicks and grow flowers in the future.

**What's grown:** Berries, orchard fruit, vegetables, herbs, chickens, sheep, and more!

**Marketing Strategies:** On-farm U-pick and farm stand, farmers' market, and Community Supported Agriculture (CSA) (20 members, this fall – 40 members, next summer). They envision what they call a Whole Year, Whole Life CSA – using value-added products to supply customers with farm products year round.

**Lease arrangement:** They have a lease agreement with the property owner to farm the land and provide food to the property owner's family. It is a one year lease (for \$1 and food) for now but they are working on a longer term lease agreement (3-5 years).

They envision developing a model lease agreement that other new farmers could use -- one that is beneficial for both the owner and the



Jeff and Lisa Mathias on their farm.

farmer. The owner gets the land worked, tax benefits, and a turnkey business that is up and running in the end.

**Labor:** Lisa, Jeff, and their daughters Zoe and Raelani

**Plans for the future:** They plan to build a Standard Operating Procedure (SOP) manual, "for running a turn 'shovel' operation," as they like to say. The manual would include things like a current list of farm supply vendors, crop rotation schemes, etc. The idea is that once the farming systems are in place, the farm operation can flow more easily. They are setting out to establish that flow so that if they move on in three to seven years, someone else could take over the operation without reinventing the wheel. They would like to be able to bring apprentices in to create a farm model that would be educational – not just about farming but the business of farming as well.

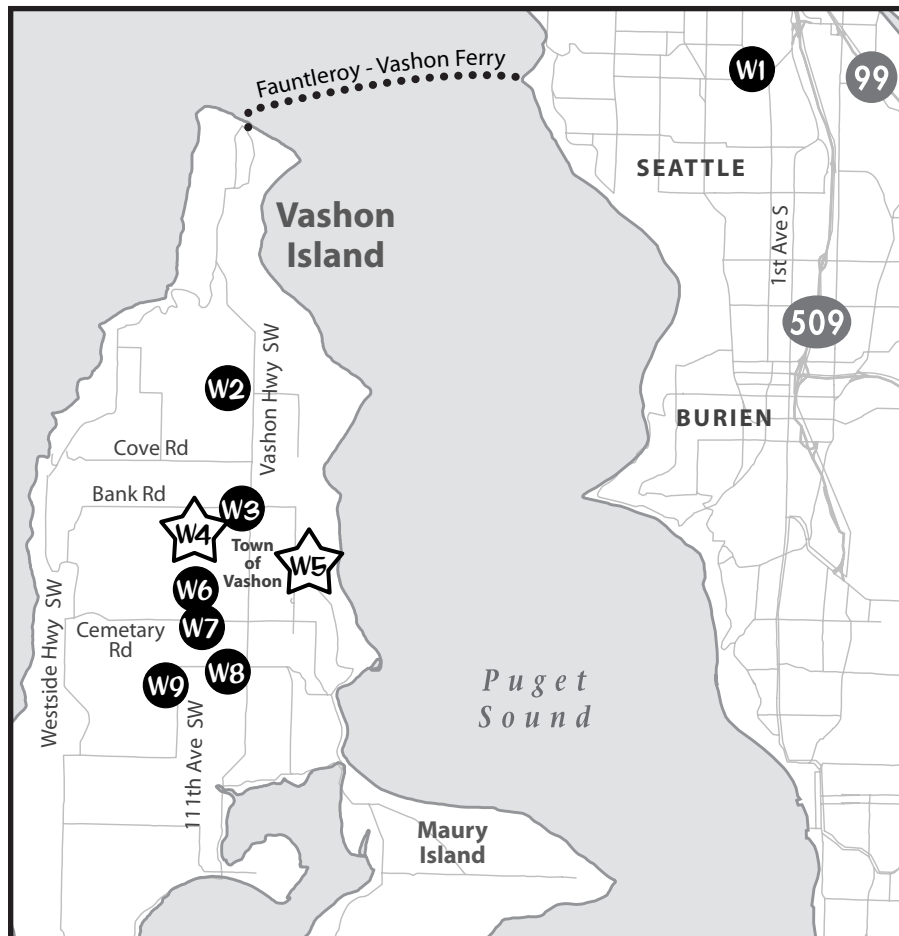
**Key ingredient for success:** Being passionate and happy! Not working harder but working smarter. "You need to figure out your niche, while preserving the value of your lifestyle."

Find out more about Cultivating Success courses by visiting [www.cultivatingsuccess.org](http://www.cultivatingsuccess.org).

**Conduct your own farmer interview while touring farms on October 1st! See suggested questions to ask farmers on page 5.**



# WEST COUNTY FARMS



## W1 MARRA FARM

9026 4th Ave S., Seattle 98108



Marra Farm is 4 acres of historic preserved farmland tucked into the South Park neighborhood. The Marra family, Italian truck farmers, worked the land from 1908 to the 1970s when they preserved it as farmland. It is one of the last remaining pieces of original agricultural land in the city. The Marra Farm Coalition continues to build Marra Farm's role in addressing community food security. In 2004, with the help of community volunteers, the farm grew over 20,000 pounds of organic produce for the neighborhood food bank, at-risk and homeless youth learned important employment skills through a market garden program, Concord Elementary school children participated in hands-on gardening and nutrition education, and an incredibly diverse group of South Park neighbors gardened at the P-Patch. Come by on October 1st for a self-guided tour or come for our annual Fall Fest from 12:00-3:00 p.m., where there will be games, music, and amazing food!

**From southbound I-5, take the Swift/Albro Exit. Turn right at the bottom of the off ramp. Follow Road to E. Marginal Way. Then, turn left onto East Marginal Way and head south for 3 lights. Turn right and go over the 16th Avenue South Bridge. At the first light, turn right onto Cloverdale and then left at 5th Ave. South. The street will end at S. Director St. Turn left onto Director and go 50 yards. The main parking lot for the farm will be on your right.**

## W2 BLUE DOG FARM

10323 SW 156th Street, Vashon 98070



Blue Dog Farm employs a grassland-farming approach to livestock husbandry suitable for a small pastoral farm. The farm has pastures for a flock of Barbados Blackbelly sheep that are used to train working sheep dogs. The farm is home to three Australian Shepherds in various stages of training. On October 1st we will highlight the abilities of our stockdogs in working situations common to the livestock owner and demonstrate the unique partnership between a working stockdog and handler, a partnership rare in this part of the west. Information will be available on grassland farming techniques, Barbados sheep, and stockdog training and history.

**From the Fauntleroy Southworth Ferry, head south on Vashon Highway to SW 156th Street. Turn right onto SW 156th Street, which is a dead end road and travel 0.25 mile. The farm is on the left, marked by a grove of tall, old Lombardy poplars.**



See page 5 for a key to the farm symbols.



## A Brief History of Farming in West King County

by Flo Lentz, 4Culture

Agriculture in west King County has its historic center on Vashon Island. Early farmers raised subsistence livestock and planted the sandy soils with orchards of cherries, pears, apples, and quince. In the early 1880s, all kinds of berries were grown – including raspberries, blackberries, gooseberries, and currants. But, by the turn of the century, strawberries reigned supreme.

In 1901, 15,000 crates of strawberries were shipped from the island, and the Vashon Island Strawberry Festival was born. Japanese immigrants to Vashon specialized in strawberry farming. Their numbers increased in the 1910s and '20s, even though first-generation Asians were prohibited by law from owning and leasing land. During the June strawberry harvest, growers hired Native American and Filipino workers by the hundreds. Vashon also gained fame as a center of greenhouse agriculture. By 1915, there were 13 commercial greenhouse operations on the island, turning out everything from tomatoes, lettuce, and cucumbers to camellias, roses, and orchids. Chicken ranching was prominent on the island in the 1920s and '30s.

World War II changed Vashon agriculture forever. Most Japanese families did not return after their internment camp experiences. Specialized strawberry farming was no longer profitable, and farming families began once again to diversify. Today's island farms continue to evolve. A host of farms offer products ranging from alpaca wool to walnuts.

## W3 VIGA FARMERS' MARKET AT THE VILLAGE GREEN

Vashon Highway and Bank Road, Vashon 98070



Visit the Vashon Island Growers Association (VIGA) Farmers' Market to see a wide variety of available Vashon-grown items. VIGA is a group of local growers and craftspeople working together to provide the community with fresh, locally grown farm products while providing farmers with an outlet for their crops. The group also seeks to educate the public about the importance of local agriculture and the value found in our rich farming heritage. Come by to learn more and see farmers' tables overflowing with seasonal produce, herbs, flowers, and crafts. **This site will only be open until 1:00pm.**

**From the Fauntleroy Southworth Ferry, head south on Vashon Highway. The market is on the right at Bank Road.**

## W4 MUKAI FARM AND GARDEN

18017 107th Avenue SW, Vashon 98070

Few places recall the story of Japanese berry farming on Vashon Island better than the Mukai Farm & Garden. The B.D. Mukai family ran a large-scale strawberry farm here for some 23 years. B.D.'s son Masa Mukai developed cold process fruit barreling, a technology that made it possible to sell strawberries in distant markets. B.D.'s second wife, Kuni Mukai, designed an extensive Japanese garden around the farmhouse, combining classic Japanese features such as water, hills, and rocks with suburban American garden influences. Each year at cherry blossom time, Kuni hosted tea parties in her beautiful garden. World War II interrupted the prosperous farm operation, and Masa sold the property in 1949. The Mukai Farm & Garden is maintained by the local non-profit Island Landmarks, which is in the process of determining future disposition of the site. Visitors can view the exterior of the farmhouse, the office, and the historic gardens. The fruit barreling plant stands just next door.

**From the Fauntleroy Southworth Ferry, head south on Vashon Highway and turn right at the light at SW Bank Road. Continue west 0.5 mile, and turn right onto 107th Avenue SW. Mukai is at the end of road, on the right. Please park along the road.**



West County Farms continued on next page

# WEST COUNTY FARMS



## W5 BEALL GREENHOUSES

18531 Beall Road SW, Vashon 98070



For a different take on local agriculture, visit the old Beall Greenhouse complex. From the founding of the greenhouse company in 1888, this intriguing site emerged as a major commercial nursery and island employer. During its 100-year lifespan, Beall Greenhouses became the nation's largest grower of roses, and an internationally renowned orchid establishment. Today, the Harrington-Beall Historic District includes some 59 greenhouses that represent a century of evolving greenhouse technology, a power plant that generated heat for the greenhouses, and the nearby homes of the Beall and Harrington families. Current owners are restoring the oldest greenhouses, and adapting the rest of the site as a sustainable environmental learning center. Stop by for a tour of the greenhouse complex, and an explanation of this exciting project.

**From the Fauntleroy Southworth Ferry,** head south on Vashon Highway and turn left at the light at SW Bank Road. Follow it east to the end, and turn right onto Beall Road SW. Head south about 0.75 mile and turn right into gravel drive when you arrive at the greenhouses.



## W6 VASHON FOREST STEWARDS COMMUNITY LOG YARD

SW 103rd Ave, Vashon 98070



The Vashon Forest Stewards Community Log Yard mills lumber from local trees that have been thinned through ecological stewardship operations on the island. We use a large portable bandsaw mill, which squares the round logs and slices them into dimensional lumber. Some of the wood is stacked on site to air-dry while other wood is kiln dried, surfaced on four sides, and stored in a nearby warehouse. Visitors can watch the mill do its magic or rummage through the scrap wood for treasures. Slap wood, firewood and local sustainably-harvested finished lumber are all available for sale.

**WSU Extension Forest Advisors will be on hand to answer your questions about forestry.**

**From the Fauntleroy Southworth Ferry,** head south on Vashon Highway through town to SW 188th. Turn right onto SW 188th and then drive 2 miles and turn left onto SW 103rd. The log yard is the first driveway on the right.



## W7 PLUM FOREST FARM

20020 107th Ave SW, Vashon 98070



Farmers Rob Peterson and Joanne Jewell have farmed on Vashon since 1999. Come by on October 1st for Plum Forest Farm's fall crops, which will be for sale at the on-farm stand and include leeks, garlic, carrots, beets, eggs, winter squash, pumpkins, onions, and other treats. In the fields you will also see Scottish Highland cattle, and a variety of chickens and turkeys in mobile "chicken tractor" coops.

**From the Fauntleroy Southworth Ferry,** head south on Vashon Highway to Cemetery Road and turn right (west) onto it. Take Cemetery to 107th and turn left (south) onto it. Look for the Plum Forest Farm sign 0.25 mile down the road on the left (east) side. Please park on the road.



## W8 FAERIE HILL FARM

10308 SW 204th Street, Vashon 98070



Faerie Hill Farm is absolutely gorgeous! Mature espaliered pear, apple, plum, and cherry trees as well as blackberries, raspberries, currants, gooseberries, and blueberries delight visitors. Sheep, goats, chickens and ducks add both products and joy while exquisite landscaping beyond the garden gate extends the bounty of edible beauty as far as the eye can see. The Harvest Celebration at Faerie Hill Farm encourages

a revitalized connection by inviting visitors to make beeswax candles and wool felt, picnic in the orchard, discuss local food economies, and select from our abundant organic produce and fine handcrafts including wool felt and Waldorf toys.

**From the Fauntleroy Southworth Ferry,** head south on Vashon Highway to S.W. 204th Street. Turn right onto 204th street and go about 2 blocks. Look for the Faerie Hill Farm sign on the right.



## W9 K-JO FARM

20602 111th Avenue SW, Vashon 98070



K-Jo Farm is a 5 acre homestead in the middle of Vashon that practices sustainable, organic agriculture while being creative with available resources. Come visit with pasture-raised dairy goats, chickens, ducks, & pigs and learn about small scale, small budget farming. K-Jo Farm also offers subscription produce, eggs, milk, cheese and meat and runs a farm school as well as a variety of food, agricultural & gardening workshops throughout the year. Stop by on October 1st for live music, cider pressing, and sumptuous farm food samples!

**From the Fauntleroy Southworth Ferry,** head south on Vashon Highway to SW 204th St., right (west) on 204th, down the hill, left on 111th Avenue SW, look for the yellow house two driveways on the left. Road side parking is available.

Harvest Celebrations happen in many counties around Washington State.



Visit [www.cascadeharvest.org](http://www.cascadeharvest.org) to find out about your county's Harvest Celebration!



# WIN PRIZES!

## PICK UP A FARM TOUR PASSPORT AT ANY OF THE FARMS ON THE TOUR AND TURN IT IN AT THE END OF THE DAY TO WIN ONE OF THESE AMAZING PRIZES!



A night at Willows Lodge, including continental breakfast, wine tasting, and \$100 dining credit for the Barking Frog restaurant (1 winner).



Dinner for two, up to \$200, at the Salish Lodge and Spa in Snoqualmie (1 winner).



A copy of the Chinook Book, the coupon book for healthy living containing over \$5000.00 in discounts (100 winners).



A box of fresh, organic produce courtesy of Pioneer Organics (10 winners).



A \$100 gift certificate from Thundering Hooves Farm, a farm that specializes in grass fed livestock in Walla Walla (1 winner).



\$25 for local products from any of the 6 Seattle Neighborhood Farmers Markets (12 winners).



Whole bean coffee from Tony's Coffee, a local coffee roaster (10 winners).



A gift certificate for a dozen delicious, local doughnuts from Top Pot Doughnuts (4 winners).



# King County Heritage Farm Tour

To visit seven King County heritage farms, look for the ☆ symbol throughout the farm tour guide!

## Dear Farm Tour Visitors,

Did you know that the story of agriculture in King County spans many centuries? Native peoples were the area's first farmers. They mastered the practice of burning off forestlands to create open meadows for the growing of edible bulbs, bracken fern roots, and berries. Newcomers arriving in the 1850s found these cleared "prairies" very attractive for settlement. These prime garden spots included the fertile bottomlands of the Duwamish River, the White River, the Cedar River, Ranger's Prairie at Snoqualmie, Squak Prairie at Issaquah, and Jenkins Prairie at Maple Valley. Change has been a constant ever since.

Shifting markets, fluctuations of the economy, a growing population, and emerging technologies have all shaped and reshaped the local agricultural scene. Only the county's temperate marine climate, fertile soil, and abundant rainfall remain the same. These natural attributes combined with a population that is increasingly interested in fresh local food offers hope for the future of farming in King County, a future firmly rooted in the past.

As you visit farms around King County on **October 1st**, don't forget the incredible history behind them.



acreage, barnyards, blackberries, crops... dairy barns, fence lines, gardens, groves... hop sheds, hay wagons, milk parlors, mulch... orchards, pastures, riverbanks, streams... silos, smokehouses, tool sheds, troughs... acreage, barnyards, blackberries, crops... dairy barns, fence lines, gardens, groves...



**CULTURE**

Celebrating the Landscape  
of King County's Agricultural Heritage

[www.4culture.org/preservation](http://www.4culture.org/preservation)

## BARN AGAIN!

A Program of the King County Landmarks Commission and  
the National Trust for Historic Preservation.



Creating new life for our historic barns,  
farmsteads, and landscapes.

Find out how you can get involved at  
[www.metrokc.gov/exec/bred](http://www.metrokc.gov/exec/bred)

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**King County**

Office of Business Relations and Economic Development

## The King County Rural Economic Strategies

Exploring opportunities, identifying needs, and  
building relationships to ensure the long term  
economic vitality of rural King County.

Help shape the future of Rural King County!

To find out more or add your voice please visit our website at:  
[www.metrokc.gov/exec/bred/ruraleconomicstrategies](http://www.metrokc.gov/exec/bred/ruraleconomicstrategies).

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**King County**

Office of Business Relations and Economic Development



# EAST COUNTY FARMS

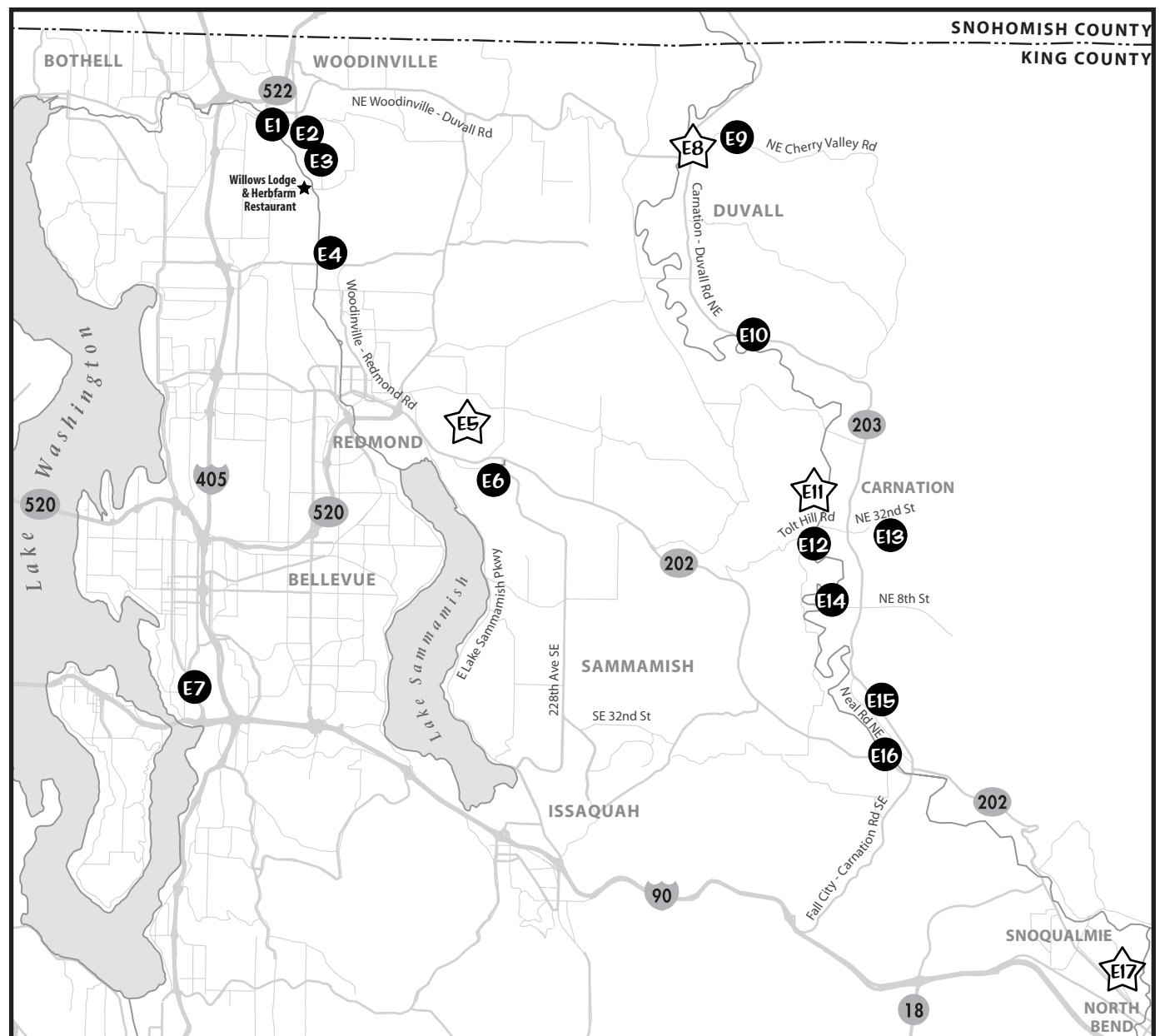
## A Brief History of Farming in East King County by Flo Lentz. 4Culture

As the forest receded, homesteaders migrated into the Snoqualmie River and Sammamish River valleys. In the 1860s, families practiced basic subsistence farming, and eked out a living raising livestock, grains, potatoes and fruit. Some farmers cut timber and made hand-split shingles as a cash crop. From crude river landings, valley settlers shipped their produce on scows and small steamboats into the growing city of Seattle.

In the 1880s, a strong market for hops triggered a “hops craze” throughout King County. Many an east county farmer became rich overnight by specializing in this lucrative cash crop. The sprawling Snoqualmie Hop Farm in the upper valley prospered for 12 years, employing up to 1200 people during the harvest. But the boom was short-lived. Every hop farm in the region was destroyed by aphid attacks in 1889.

By the turn of the century, east King County farmers had reinvented themselves. A burgeoning market for milk in the cities of Puget Sound brought dairy farming into the spotlight for the next fifty years. This area was home to several important experimental dairy farms. Carnation, Willowmoor, and Hollywood farms specialized in the latest scientific methods of breeding. But dairying provided a comfortable living for average families, too. In 1940, a typical family dairy farm was just 40 acres, and supported 17 cows and 14 acres of clover and grass hay.

Since then, another wave of growth and change has overtaken the farms of the Snoqualmie and Sammamish valleys. Today, many pastures once dotted with grazing Holstein cows now host seasonal produce, flowers, and specialty livestock – another chapter in the agricultural heritage of King County.



### E1 21ACRES

NE 171 Street, Woodinville 98072  
[www.friendsofthemarket.net](http://www.friendsofthemarket.net)



21Acres is a demonstration farm and the future site of the Woodinville Farmer's Market. Its goals are to serve as an open, accessible showcase for the best practices in sustainable farming, permaculture, and green building principals. 21Acres is also home to the Woodinville Community Gardens. This farm is being developed to accommodate small family farmers and will produce a diversity of row crops, flowers, and orchard fruits in the near future. We will be giving walking tours of the site during the Harvest Celebration and will have farmers, gardeners, and the site's architect on hand to talk to visitors about 21Acres attributes and vision.

*From I-405, take exit 23 (WA-522) towards Woodinville. Then take the WA-202 E Exit toward Woodinville/Redmond and take a slight right onto 131st Ave NE/WA-202, which will become 171st Street. Drive straight for about 0.5 mile (under the overpass) and watch for the farm tour signs. 21Acres will be on your right.*

### E2 WOODINVILLE FARM

16507 140th Place NE, Woodinville 98072



This seventy acre farm is adjacent to Olympic Nursery, a retail/wholesale nursery featuring larger, more mature trees that have been grown on farms throughout Washington and Oregon. Thirty acres of the farm are tended by Hmong farmers who grow flowers and vegetables there. In addition, through an exciting partnership with the Woodinville Grange, The Woodinville Heritage Society and other Sammamish Valley groups, Woodinville Farm is planning and implementing a series of GardenWalks along the Sammamish River Trail Park, which abuts the farm. These GardenWalks will feature a trail that will connect to the new Woodinville Farmers Market. Activities on October 1st include tractor displays, draft horse demonstrations, hay cart rides and walking tours of the farm. Local artists will also be working near the farm entrance and other local farm/tourism groups will have demonstrations and information tables.

*From I-405, take the NE 124th St. exit, continue east on NE 124th St. Turn left on Woodinville-Redmond Rd. (Hwy 202), go about 10.5 miles, cross NE 145th St., continue north and the road becomes 140th Place NE. The farm is about 1 mile down the road on the left side. Cyclists and walkers are welcome to enter from the Sammamish River Trail or 0.25 mile south of Wilmot Park.*

### E3 RED BARNS FARM AND COUNTY INN

16708 140th Place NE, Woodinville 98072  
[www.abigredbarnbandb.com](http://www.abigredbarnbandb.com)



An array of special farming activities await you just six blocks south of downtown Woodinville! Experience the art of wool carding and spinning and practice your sleuthing skills on the farm's treasure hunt by identifying equipment, feed, and tools. Learn about the opportunities for discovery, growth, and fun through 4-H and **view 4-H exhibits and projects.** Enjoy a country-style breakfast (8-11am) to benefit the farm's 4-H Foster Animal program. Try your hand at churning butter, making ice cream and punching tin. Experience an old-



fashioned dessert social (2-4pm) while being entertained by local musical talent and master storyteller Debbie Dimitre. Record your day's activity at the Animal Photo Farm and dress in costume and have your photo taken with an animal of choice. Purchase farm fresh chicken and duck eggs, honey, jams and jelly, organic fruit and vegetables, wool fleeces and homespun, handmade country crafts and yard art.

**Stop by to learn more about composted livestock manure from Extension Livestock Advisors and find out where you can get some of this rich local resource for your garden.**

**Check out the WSU Connections Store display to sample some Cougar Gold Cheese- fresh from WSU's dairy.**

*From I-405, take the NE 124th St. exit and head east on NE 124th St. Turn left on Woodinville-Redmond Rd. (Hwy 202), go about 10.5 miles, cross NE 145th St., continue north, and the road becomes 140th Place NE. Follow 140th Place NE for approximately 1 mile. The Inn will be on your right.*

## E4 THE HERBFARM'S PRODUCTION GARDEN AT THE SOUTH 47 FARM

15410 NE 124th St., Redmond 98052  
[www.theherbfarm.com](http://www.theherbfarm.com)



A rare opportunity to visit the production gardens of the world renowned Herbfarm Restaurant. Diverse plantings of unusual herbs and vegetables are sustainably grown for the restaurant's seasonally tuned menu. During the course of the year, over 200 different herbs and vegetables are grown in the 2.3 acre garden. Our gardeners will be on hand to show visitors the inner workings of the production garden. Tours of the formal kitchen garden and cooking demonstrations highlighting seasonal vegetables will be offered during the day at the restaurant site 2 miles north.

**Don't miss the lunch-time chef demonstration! Watch Chef Jerry Traunfeld of The Herbfarm Restaurant cook with produce from the restaurant's production garden at 2:00pm at the restaurant site 2 miles north of South 47 Farm at 14590 NE 145th Street.**

*From I-405, take the NE 124th St. exit. The farm is on NE 124th St., just west of Woodinville-Redmond Rd. (Hwy 202).*



See page 5 for a key to the farm symbols.



# EAST COUNTY FARMS

## E4 THE SOUTH 47 FARM

15410 NE 124th St., Redmond 98052  
[www.south47farm.com](http://www.south47farm.com)



This farm features a lively mix of organically grown vegetables, pumpkins, berries, melons, garlic, flowers, and herbs. Try your luck in the corn maze, choose a pumpkin from the pumpkin patch, groove to live music by Raging Zephyr and Victory Music, take a hay ride farm tour, greet the farm animals, munch on kettle corn, enjoy a chef demonstration, or settle down for storytelling. You can pick snap beans, dig your own potatoes, cut herbs and bouquets of flowers, and buy sweet corn, tomatoes and more at the farm stand. Be sure to visit the information tables to learn more about farming in the Sammamish Valley and King County.

**Don't miss the lunch-time chef demonstrations! Watch Chef Brian Scheehser of the Hunt Club at the Sorrento Hotel cook with South 47 produce at noon.**

The friendly folks from Puget Sound Fresh and the Cascade Harvest Coalition will be at the farm to answer questions and tell you about their work to promote farming.

*From I-405, take the NE 124th St. exit. The farm is on NE 124th St., just west of Woodinville-Redmond Rd. (Hwy 202).*

## E5 RED BRICK-JAMES MATTSON ROAD

196th Avenue NE between Union Hill Rd. and Redmond-Fall City Rd., Redmond

The "Red Brick Road," just east of Redmond, is the only surviving unaltered stretch of the historic Yellowstone Trail in King County. This famous cross-country highway led from Seattle to Yellowstone Park and points east. Locally, it served as a farm-to-market road, connecting Snoqualmie Pass and the Sammamish Valley to Puget Sound. The 1.3-mile red brick segment was carefully restored in 1989 by King County Public Works as a state centennial project. The scene still remains rural on either side, and provides a nostalgic glimpse of the quiet, pastoral landscape that was once east King County.

*From Redmond, follow the Redmond-Fall City Road (Hwy 202) east to 196th Avenue and turn left.*

## E6 SERRES FARM

20306 NE 50th St., Redmond 98053



Serres Farm started with 8 acres in 1977 and has expanded to 22 acres of U-pick flowers, vegetables, strawberries, and Christmas trees. This working farm is a low key family operation with a large old red barn by a picturesque creek. Stop by to take a hayride, stroll or picnic by Evans creek, watch a flock of laying hens, and do the corn maze. You can also browse through a wide variety of pumpkins from tiny Jack be Littles to huge Atlantic Giants, all manner of unique and unusual gourds, decorative corn, cornstalks, and other Halloween decorations on the 6 acre U-pick pumpkin and gourd patch.

*From Redmond, take Redmond-Fall City Rd. (Hwy 202) east toward Fall City. At 2.5 miles, turn right (south) at the Gray Barn Nursery onto Sahalee Way, then take the first right (west) onto NE 50th St., drive 0.25 mile to farm on the right.*

## E7 MERCER SLOUGH BLUEBERRY FARM AND BILL PACE'S FRUIT AND PRODUCE

2380 Bellevue Way SE, Bellevue 98004  
[www.cityofbellevue.org](http://www.cityofbellevue.org)  
[www.billpacefruitproduce.com](http://www.billpacefruitproduce.com)



The City of Bellevue Parks and Community Services Department owns and manages the last remaining farms in Bellevue. These farms provide community gathering places and help preserve the City's rich agricultural heritage. The Mercer Slough Blueberry Farm, originally called Overlake Blueberry Farm, was established in the 1940's and continues to produce blueberries today. Bill Pace Fruit and Produce contracts with the City to run the produce market at the farm. The market features in-season fruits and vegetables grown in Washington. Come explore Mercer Slough Blueberry Farm and the variety of fresh produce at the market, including potatoes, super sweet corn, corn stalks, broccoli, cauliflower, winter squash, and pumpkins. Also enjoy fresh pie and ice cream, with blueberries of course, while Parks staff explain current and future conservation efforts on the farm.

*From I-90, take the Bellevue Way exit and follow Bellevue Way north about 1 mile. The farm and produce stand will be on your right, just north of the Park & Ride lot.*

## E8 DOUGHERTY FARM

26526 NE Cherry Valley Road, Duvall 98019



Visit one of area's most historic farmsteads where the John & Kate Dougherty Family lived and worked for 85 years during the heyday of dairy farming in the Snoqualmie Valley. The sturdy farmhouse was built in 1884 near the river bank at the settlement of Cherry Valley. To make way for the railroad in 1910, the house was hauled by a one-horse team up to its present hilltop location. As boys, Leo Dougherty and his three brothers tended a swing bridge over the Snoqualmie, running down to the riverbank at the first sign of an approaching boat. Eight Dougherty children grew up on the farm and actively contributed to the growth of their community. The massive old haybarn is gone, but visitors can tour the distinctive, fully restored 1889 farmhouse, yard, and gardens. Little by little, the Duvall Historical Society is working to bring the old bunkhouse, milkhouse, garage, and milking barn back to life.

*From Carnation-Duvall Rd. (Hwy 203) head north to Duvall and from the light at the intersection of Main Street (Hwy 203) and the Woodinville-Duvall Road, go north two blocks and angle right up the hill onto Cherry Valley Road. The entrance to Dougherty Farm parking is just around the bend, the first turn to the left.*

## E9 CHERRY VALLEY DAIRY

26900 NE Cherry Valley Rd., Duvall 98019



Take a self-guided tour of Snoqualmie Valley's newest dairy including the calf barn, milking parlor and loafing shed. Stop by for an espresso, dairy products from Beecher's Handmade Cheese and other local cheese makers, hand-dipped ice cream cones and an assortment of other local agricultural products. After a day of touring stick around for a barbecue from 5 p.m. to 7 p.m. followed by a real old-fashioned barn dance!

*From Carnation-Duvall Rd. (Hwy 203) head north to Duvall, and from the light at the intersection of Main Street (Hwy 203) and the Woodinville-Duvall Road, go north two blocks and angle right up the hill onto Cherry Valley Road. The farm is across the street and down the hill from Cherry Valley Elementary.*

## E10 OXBOW FARM

10819 Carnation-Duvall Rd. NE, Carnation 98014  
[www.oxbowfarm.org](http://www.oxbowfarm.org)



Visit this organic farm on a 100-acre nature preserve in the Snoqualmie Valley. The heart of this preserve is an "oxbow" lake, which provides critical habitat for salmon and other wildlife. Take a self-

East County Farms continued on next page



guided tour through the fields, find out about the native restoration efforts on this farm, and check out the produce stand filled with the season's bounty. This energetic farm is a strong part of the valley's foodshed!

**From Carnation-Fall City Rd. (Hwy 203),** turn west onto the gravel drive at 10819. There will be a big black mailbox with the number, an orange triangle reflector, and directional signs. Follow the gravel drive along the lake to the gardens and greenhouse.

## E11 HJERTOOS FARM

31523 NE 40th Street, Carnation 98014



Like other Snoqualmie Valley farmers in the early 20th century, Norwegian immigrants Andrew and Bergette Hjertoos devoted their lives to building a successful dairy operation. In 1901, the young couple drove their pigs, cows, and sheep from a homestead at Vincent to this established 208-acre farm on prime bottomland at Tolt. Here they put down roots, constructed a handsome two-story farmhouse with an ornate Victorian-styled front porch, and then put up a massive timber frame hay and dairy barn. Andrew and his son Bill played leadership roles in the local schools and dairymen's associations. Today, the Hjertoos' great-grandson Roger has replanted the former cow pastures in Christmas trees. Come take a look inside the imposing barn, and get an up-close peek at the farmhouse, now leased to the Snoqualmie Tribe as office space.

**From Carnation/Fall City Rd. (Hwy 203),** go to the center of Carnation and just south of NE 40th Street and the self-storage facility, turn west at the sign. Follow the lane that leads into the Carnation Tree Farm parking area. Watch for the big gray barn!

## E12 JUBILEE FARM

229 W Snoqualmie River Rd. NE, Carnation 98014  
[www.jubileefarm.org](http://www.jubileefarm.org)



Jubilee Farm is a 300 member Community Supported Agriculture (CSA) farm. In addition to the fruits and vegetables grown for their members, Jubilee Farm opens its doors to the public in October for a month-long "open house" and Harvest Celebration. During October they host over 3000 children during the

weekdays for farm tours, and are open to the public each weekend for a variety of activities, many of which center around the pumpkin season. They will have horse drawn hayrides to the fields, and u-pick pumpkins, squash of all kinds, and gourds. The entire farm is open to the public, providing an opportunity to see how local, sustainable farming is done.

**Don't miss the lunchtime chef demonstration by Chef Scott Samuel of the Seattle Culinary Academy, who will be cooking with Jubilee produce at noon.**

**King County Master Recycler Composters will be on hand to answer questions and tell you about their programs.**

**From Carnation-Fall City Rd. (Hwy 203),** turn west on NE Tolt Hill Rd. just south of Carnation at the bridge. Continue across the valley, over bridge, turn south on W Snoqualmie Valley River Rd. (From Redmond-Fall City Rd., turn east on Tolt, then south on W Snoqualmie Valley River Rd.) Look for the big white barn at 2.2 miles.

## E13 REMLINGER FARMS

32610 NE 32nd Street, Carnation 98014  
[www.remlingerfarms.com](http://www.remlingerfarms.com)



Remlinger Farms is located in the lush Snoqualmie Valley, offering a Farm Market, U-Pick Pumpkins, Restaurant, and Country Fair Fun Park. Join us on October 1st for a free wagon ride to our U-pick pumpkin patch and corn maze, a Pumpkin Parade in the Fun Park at 11am (free for those in costume, \$12 per person if not in costume), a scarecrow making demonstration at the market exit at noon, a pony demonstration at the market exit at 1pm, a pumpkin pie making demonstration at our Restaurant at 2pm, a pumpkin cooking demonstration with Chef Gary at our Restaurant at 3pm, and a goat cheese making demonstration! Don't forget to take home a famous Remlinger Farms U-bake pie!

**From Carnation-Fall City Rd. (Hwy 203),** turn east onto NE 32nd Street (0.5 mile south of Carnation). Parking will be marked with a sign before the railroad trestle. The Remlinger Farms Market is at the end of the road and the U-pick field wagon ride and maze is on the right side of NE 32nd Street.

# EAST COUNTY FARMS

## E14 FULL CIRCLE FARM

31904 NE 8th St., Carnation 98014  
[www.fullcirclefarm.com](http://www.fullcirclefarm.com)



Full Circle Farm is a 140 acre organic farm located in Carnation along the banks of Griffin Creek and the Snoqualmie River. Full Circle Farm cultivates over 75 varieties of fruits, vegetables, and herbs year round. The farm's organic produce is featured on the dinner menus of many fine Seattle restaurants and is also available at Seattle-area farmers' markets. Full Circle Farm also sells produce through its Community Supported Agriculture program, where customers subscribe to weekly or biweekly boxes of fresh organic produce. Stop by and jump on the tractor for a hay ride, take a self-guided tour, enjoy music, and meet the people that grow Full Circle Farm's wonderful produce.

**Check out the lunchtime chef demonstration with Beth Blessing, a WSU FoodSense CHANGE nutrition educator and Full Circle Farm's nutritionist, who will be cooking with Full Circle Farm produce at noon.**

**From Fall City,** drive north on Carnation-Fall City Road (Hwy 203) turn west onto NE 8th St., just south of Carnation. The farm is 200 yards down the road.

## E15 SHONGCHAO'S FARM AND CHILDREN'S GARDEN

2904 Fall City-Carnation Rd SE, Fall City 98024



Our 28 acre farm was established in 1993 and produces fresh cut and dry flowers as well as vegetables and herbs, which we sell at Pike Place Market and other farmers markets around Seattle. Our farm was originally named Children's Garden because we wanted our children to earn their college money while working on the farm. Then, five years ago, our grandfather Shongchao passed away. He was an important leader in the Hmong community and we decided to name the farm after him. Visit us on October 1st for a guided tour of our farm and see the variety of produce that we grow, which will also be available for purchase.

**Begin your day on the farm tour at Shongchao's Farm and learn about sustainable agriculture with WSU Extension Agriculture Agent Todd Murray. Todd will lead a farm walk at 10am.**

**From Fall City,** drive north on Carnation-Fall City Road (Hwy 203) towards Carnation for less than 1 mile. The farm will be on the right, just past a large sign that says "Children's Garden."

## E16 FALL CITY FARM

3636 Neal Rd. SE, Fall City 98024



Come on out to this farm to play in the sunflowers or create your very own scarecrow. View the astonishing pumpkin wall, meet the farm animals, pick your own vegetables and learn about bee-keeping and collecting honey. Take a turn at cider-making and unravel the mysteries of spinning wool into yarn while you sway to the tunes of the Na Hilahila Boys. In the farm store browse the large selection of chemical-free vegetables as well as grilling sauces, mustards, bread spreads, honey and more. A picnic area is also available for your enjoyment.

**Don't miss the lunchtime chef demonstration by Chef Karen Jurgensen of the Seattle Culinary Academy who will be cooking with Fall City Farm produce at noon.**

**WSU King County Extension staff will also be on hand to tell you about their programs.**

**From Fall City,** drive north on Carnation-Fall City Road (Hwy 203) towards Carnation and in about 50 yards, take the first left onto Neal Road. Go .5 mile to the farm and take the gravel drive to the barns and parking

## E17 MEADOWBROOK FARM

1711 Boalch Avenue NW, North Bend



Come learn about the rich history of this beautiful open land between Snoqualmie and North Bend. This place is featured in Snoqualmie Tribal creation myths, and native peoples once regularly burned and harvested food from the productive prairie soil. In the 1850s, Jeremiah Borst homesteaded 460 acres on the prairie. Later, investors expanded the farm to become the "world's largest hops ranch." Mixed farming continued through a corporate enterprise known as Meadowbrook Farm until well into the 20th century. To preserve this scenic spot and tell its story, Meadowbrook is now under public ownership. Visit the Meadowbrook Farm Interpretive Center, modeled after a Native American long house. Interpretive exhibits are not yet in place, but views of the surrounding landscape are superb. Behind the building, hops are growing once again, planted with seeds salvaged from the old hops ranch.

**From North Bend,** take Bendigo Avenue (Hwy 202) west and north toward Snoqualmie. Bear right on Boalch Avenue, 0.25 mile after crossing the river. Entrance to Meadowbrook Farm Interpretive Center is 0.5 mile on the left.



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[cgcompost.com](http://cgcompost.com)

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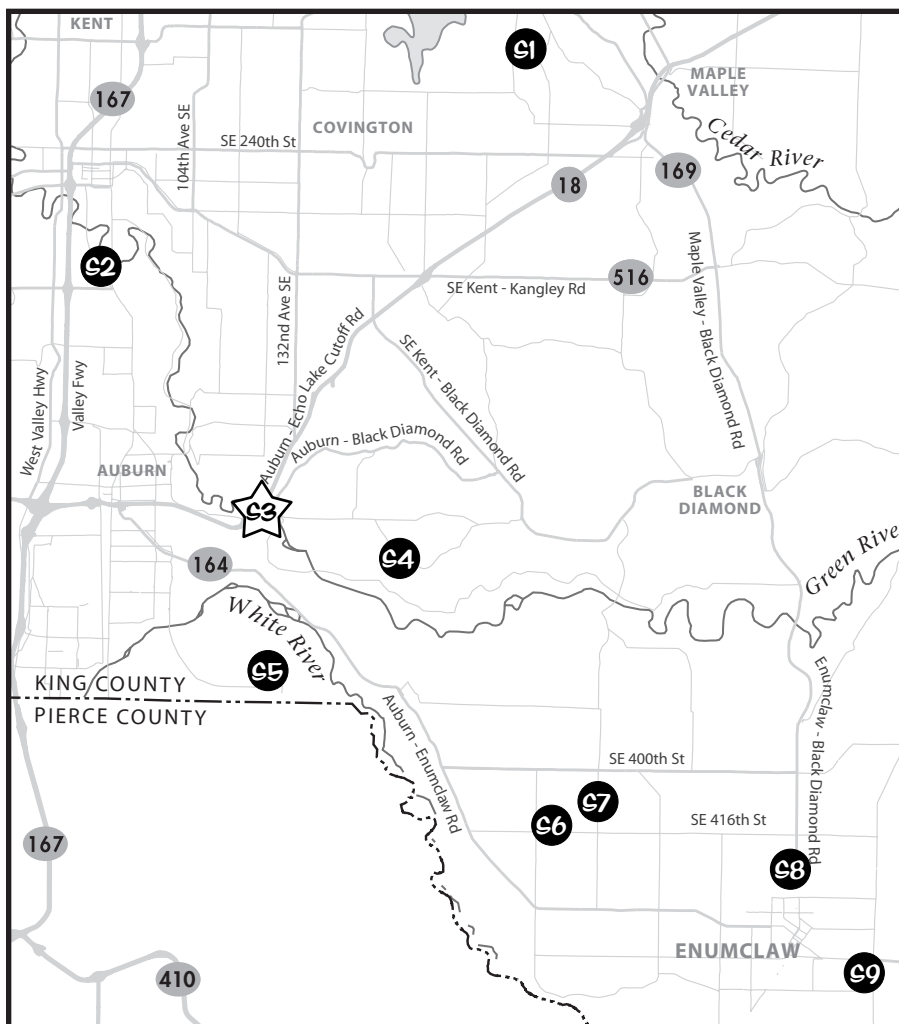
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COMPOST ☺ TOPSOIL ☺ TEA

WASHED DAIRY MANURE ☺ SPECIAL BLENDS  
Amend your soils and help close the recycling loop.







If you've decided to visit farms in south King County on Harvest Celebration Day, make sure to check out Pierce County's **HarvestFest** which also takes place on October 1st and features twelve farm sites. Their Farm Guide will be posted at [www.pierce.wsu.edu](http://www.pierce.wsu.edu) after September 1 and you can contact 253-474-7500 or [harvestfest@prodigy.net](mailto:harvestfest@prodigy.net) for more information.

### A Brief History of Farming in South King County by Flo Lentz, 4Culture

Early settlers were immediately drawn to the rich soils of south King County river valleys. Later, new arrivals cleared farms on the Enumclaw and Soos Creek plateaus. In the 1860s and 1870s, farms in the White River Valley (now the Green River/Kent Valley) supplied the people of Seattle with most of their meat, produce, and grain. After the hops craze of the 1880s, area agriculture turned to dairying and poultry farming in a big way.

Populist political movements took root in the farming communities of the south county. White River was the scene of early grange movement activities, and farmers' cooperatives emerged at Enumclaw – the Enumclaw Cooperative Creamer and Farmers Mutual Insurance Company. Scandinavian immigrants populated the plateau, while the first and second generation Japanese and Italians favored the fertile alluvial valleys.

Soon after the turn of the century, the farmlands southeast of Seattle gained recognition for row cropping, or truck farming. The Pike Place Market and new methods of long-distance shipping guaranteed both local and national markets for south county vegetables, fruit, and berries. In the 1920s, Kent became famous as the "Lettuce Capital of the World" and was home to commercial canneries and packing plants. By 1940, King County was top in statewide vegetable production.

Monumental changes to south King County came in the form of flood control on the Green River. In 1962, the construction of Howard Hanson Dam triggered rapid industrialization in the Kent Valley. Farmlands disappeared, but even today, pockets of agriculture remain tucked among the factories and housing developments. On the Enumclaw Plateau, with its scenic views of Mt. Rainier, healthy signs of our farming heritage can still be found at specialty farms, gardens, and ranches.

# SOUTH COUNTY FARMS

## C1 THREE BOYS' ALPACAS

21233 184th Ave. SE, Renton 98058  
[www.alpacasbydesign.com](http://www.alpacasbydesign.com)



We welcome you to 3 Boys' Alpacas! It is a pleasure to be a part of the King County Harvest Celebration once again. Come and enjoy the drive out here, meet the alpacas, the spinners and "ranch hands" Mario and Barbara. They will answer all your questions. John Winters, local guitarist, will be performing while you are enjoying the farm and there will be fiber demonstrations throughout the day. We will also have alpaca products available for purchase.

**Stop by to learn more about composted livestock manure from Extension Livestock Advisors and find out where you can get some of this amazing local resource for your garden.**

**From Maple Valley Highway (Hwy 169)** turn south on SE 196th St. Cross Petrovsky Rd at yellow light, then go west on SE Lake Youngs Rd. Turn south on 184th Ave. SE, just in front of the chain link fence. The farm is on the west side of the road. Limited parking available.

## C2 WHISTLING TRAIN FARM

27127 78th Ave. S, Kent 98032  
[www.whistlingtrainfarm.com](http://www.whistlingtrainfarm.com)



This 15-acre farm produces a great variety of vegetables nearly year-round, even in the fall, winter and early spring months, without using any chemical fertilizers, pesticides, or herbicides. Available now are eggs, sweet corn, artichokes, shell beans, beets, carrots, potatoes, cabbage, broccoli, cauliflower, radicchio, escarole, winter squash, and greens. Come by to visit chickens and pigs of all ages and tour the farm!

**From Highway 167**, take the Willis St. exit and turn east on Willis and then right on 3rd Ave. Cross bridge, the farm is less than 1 mile down on 78th Ave., on the right.

## C3 NEELY MANSION

12303 Auburn-Black Diamond Road SE, Auburn 98092



Pause and explore the Neely Mansion - that handsome valley showplace that stands so visibly just off Hwy 18 east of Auburn. The house was completed in 1894 by Sarah and Aaron Neely, the Tennessee-born son of David Neely, a prominent pioneer in the valley. In 1906, after building up a prosperous working farm, the Neelys left the mansion and rented the property to a succession of

Japanese and Filipino tenants. Laws prohibited Asians from owning property, so these first and second generation families typically established long-term tenancies and subsisted as independent farmers. In the 1930s, members of the extended Hori Family lived here, growing strawberries and rhubarb, and dairying. Shigeichi Hori built the traditional Japanese bathhouse or furoba - one of many that once existed on Japanese-American farms in the valley. The furoba still stands today behind the mansion, awaiting restoration. The Neely Mansion Association welcomes you to tour the fully restored house and grounds, and see the results of its remarkable 20-year effort to preserve this important valley landmark.

**From Highway 18**, take the Auburn-Black Diamond Road exit. The Mansion driveway is located directly east of the highway.

## C4 TREES 'N BEES, INC.

34747 162nd Ave SE, Auburn 98092  
[www.treesnbees.com](http://www.treesnbees.com)



Trees 'n Bees is a family owned Choose & Harvest Christmas tree farm, serving the greater Puget Sound area since 1972 with 34 acres of Christmas trees and over 25 beehives. In The Pavilion we carry beekeeping supplies, fresh local honey, Christmas ornaments and decorations, unique gift items, fresh holiday wreaths and other greenery. Come by on October 1st to see pictures of our farm's history, attend an informational session on beekeeping and Christmas trees, or take a guided tour of our fields. The snack bar will be open for nachos, hot dogs, and soda along with complimentary coffee, cocoa, cider and popcorn.

**From Highway 18**, Take the Auburn-Black Diamond Road exit and turn right at the stop sign, crossing the Green River Bridge. Then turn right at the light onto SE Lake Holm Road and then right onto SE Lake Money-smith Road. The farm is 1 mile down on the right. Red, green, and white signs are also at each turn.

## C5 ALPACAS OF FAIR MEADOWS FARM

4131 53rd St. SW, Auburn 98092  
[www.fairmeadowsfarm.com](http://www.fairmeadowsfarm.com)



This farm features breeding, show, and pet quality alpacas. We use our fleeces for spinning fiber, handspun yarn, felting, and quilt batts. Our animals also produce a tremendous soil amendment for gardeners. All of this, plus knitting and crocheting supplies are for sale at

*South County Farms continued on next page*

# SOUTH COUNTY FARMS

Fair Meadows Farm year-round. Come by and enjoy fiber arts demonstrations, self-guided tours, and U-Pick manure too!

**Stop by to learn more about composted livestock manure from Extension Livestock Advisors and find out where you can get some of this rich local resource for your garden.**

**From Highway 18, Take the Auburn-Enumclaw Rd/ Auburn Way South Exit and turn left at the bottom of the off-ramp. Drive about 1 and 0.5 miles and turn right onto Howard Road. Drive one block and turn right onto R Street. Drive about 2 miles over the river and up the hill. R Street becomes Kersey Way SE. Turn left onto 53rd Street SE. Drive about 1 mile and turn left onto 53rd Street SE. The entrance to Fair Meadows will be on your left.**

## 56 THUNDER MOUNTAIN FARM

40622 196th Ave SE, Enumclaw 98022  
[www.thundermountainfarm.com](http://www.thundermountainfarm.com)



Thunder Mountain Farm is a unique nursery and market garden specializing in uncommon and under-utilized plants. These include edible ornamentals, hardy exotic fruit trees, natives, grasses, and much more. Organically grown garlic is one of Thunder Mountain Farm's specialties. If you've never tried garden-fresh garlic, you're in for a treat. Come see a planting demonstration and take some home. Gina Kelsch from Hendrikus Organics will be on hand to answer questions about the benefits of compost tea, organic fertilizers, and organic sustainability. The farm also raises alpacas for fiber and breeding stock. Come out and visit the new alpaca babies and their families.

**From Highway 18 East to Auburn, take Auburn-Enumclaw Road (Hwy 164) east to SE 400th St, turn south to 196th Ave SE, go 0.5 mile to farm on the left. From Enumclaw take Hwy 164 west towards Auburn, turn north at 196th Ave SE, continue 1.8 miles to farm on the right.**

## 57 ROCKRIDGE ORCHARDS AND BAMBOO GROVES

41127 212th Ave SE, Enumclaw 98022



This established orchard on the Enumclaw Plateau specializes in over a dozen varieties of crisp, delicate Asian pears as well as bamboo. Visit the farm store to stock up on pears, pasteurized pear and apple ciders, bamboo plants, seeds, shoots, and poles. Heirloom tomatoes will also be available. Relax in the teahouse and garden and sample fresh

ciders made on site. Tours of bamboo groves and pear orchards will be offered throughout the day.

**From Highway 18 East to Auburn, take Auburn-Enumclaw Road (Hwy 164) east, turn left onto 400th St., then right at 212th Ave SE. The farm will be on the right hand side of the road.**

## 58 COUNTRY FARMERS MARKET

40709 264th Ave SE Enumclaw 98022  
[www.countryfarmersmarket.com](http://www.countryfarmersmarket.com)



Country Farmers Market is a 10-acre farm as well as a full service produce stand featuring local produce and products. Stop by to tour the market and gardens and see the beautiful views of Mt. Rainier! Information and demonstrations will be given by a variety of local partners including Dr. D's Bees, Aaron Brenner's Bakery, and WSU Master Gardeners.

**From Highway 18 East to Auburn, take Auburn-Enumclaw Road (Hwy 164) east, turn left onto 400th St., then right at 264th (Hwy 169). Country Farmers Market is located 2 miles north of Enumclaw on the west side of 264th.**

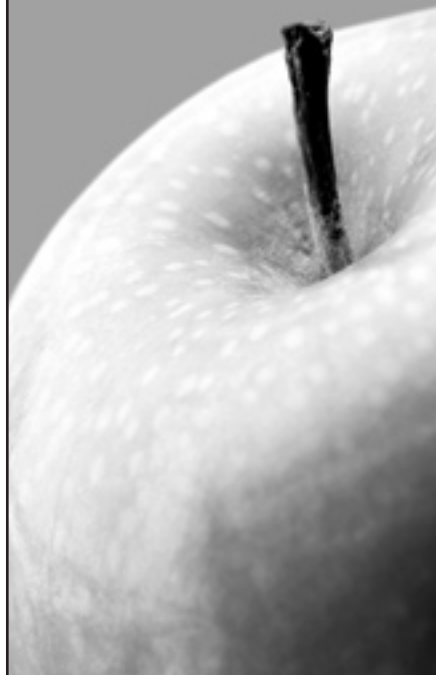
## 59 ENUMCLAW SALMON FESTIVAL AT THE KING COUNTY FAIRGROUNDS

45224 284th Ave SE, Enumclaw 98022  
[www.midsoundfisheries.org](http://www.midsoundfisheries.org)



This festival is put on every fall by the Mid Puget Sound Fisheries Enhancement Group to bring the community together and raise more awareness about the presence and habitat needs of wild salmon in local Newaukum Creek, where the group has done salmon habitat restoration projects with farmers and landowners for almost 15 years. Stop by the festival during the day on October 1st for workshops, restoration site tours and river walks, live entertainment, and lots of games and activities, arts and crafts, and of course, great food! But make sure to end your Harvest Celebration Farm Tour day at the **Salmon Festival Harvest Dinner**, which will feature live music by The Bobbers and Ravenblue and seasonal food cooked by local vendors! The dinner will run from 4pm to 6pm.

**From Highway 18 East to Auburn, take Auburn-Enumclaw Road (Hwy 164) east, then take a left onto 400th and then a right onto 264th, a left onto 416th and then a right onto 284th. The fairgrounds will be on the left.**



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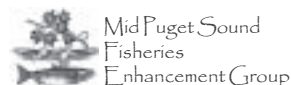
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**Saturday, October 1st, 2005**  
**10:00am until 6:00 pm**  
**King County Fairgrounds**  
**in Enumclaw**

**for a day of Family Fun**  
**with Games and Activities,**  
**River Walks and Workshops**  
**Live Music and Performances**  
**Lots of Booths, Arts and Crafts,**  
**and Great Food!**

*This Festival is hosted by*



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King County Fairgrounds - Courier Herald  
Hancock Forest Management - Trout Unlimited  
Middle Green River Coalition - Boy Scouts of America - Active Life Chiropractic American Heritage Corporation - Almost Live Productions - Enumclaw Grocery Outlet - Mt Rainier National Bank - Enumclaw Work Sports & Outdoors - Wabash Native Plant Nursery

For more information, please contact Nathalie at (206)529-9467 or [nat@midsoundfisheries.org](mailto:nat@midsoundfisheries.org)



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# The Rich History of the Hmong Community in the Puget Sound

By Hannah Cavendish-Palmer, WSU King County Extension

This year's Harvest Celebration Farm Tour includes Shongchao's Farm in Fall City, which is owned by farmer Fong Cha. Fong Cha and his family arrived in the United States from Southeast Asia in 1980 and have been farming in the Seattle area for more than 12 years. His farm is named after his father and is one of the few Hmong-owned farms in Washington State. You can purchase Fong Cha's produce at the Pike Place Market as well as the farmers' markets in the University District, Ballard, North Bend and Tukwila. Aside from farming, Fong Cha is an active leader in the Hmong community and is helping organize a Hmong Farming Association to give Hmong farmers in the Seattle area a unified voice.

The Hmong that currently live in the United States were part of a minority group living in the highland areas close to China, where they farmed the mountain tops to grow corn, dryland rice, and poppies; while also raising chickens and pigs. As the Vietnam War heated up and spread into Laos in the 1960's, some Hmong moved into the city of Vientiane where the men joined the military hierarchy and the children began going to Laotian schools.

The American Hmong have survived many hardships to get here. The war cost them their farms and livestock and many of their relatives died, both

soldiers and civilians. Families could stay in camps, hoping someday to go home, or they could choose to go to France, Australia, or the US. Many families found it hard to decide, as they knew that if they left Southeast Asia they might never see their homeland or their relatives again.

The majority of the first Hmong who arrived in the US in 1976 settled in Montana and Minnesota, although one family came to Seattle that year. The big rush of Hmong resettlement began in 1978 and ended in 1981 during which 65,000 Hmong were placed with sponsors around the country. Since 1981 a trickle of resettlement has continued and today about 120,000 Hmong live around the United States. About half live in the Central Valley of California, and the majority of the rest live in Minnesota and Wisconsin. Washington and Oregon have about 3,500 Hmong, the majority of which live in Seattle, Spokane, and Portland.

The families who stayed in Washington have formed a hard-working, permanent nucleus. They have become citizens, bought homes, worked hard, and invited other Hmong to join them. Many work two jobs, often in factories, landscaping, housekeeping, or mechanics and some are professional teachers, social workers or interpreters. Many are farmers. Today roughly 1,000 Hmong live in Seattle, Burien,



Fong Cha's family in one of their fields 2002.

Renton, Bellevue, Mount Lake Terrace, and Carnation.

Visit Shongchao's Farm in Fall City or Woodinville Farm on October 1st to learn more about Hmong farming and visit the websites below to learn more about Hmong history and traditions!

[www.arts.wa.gov](http://www.arts.wa.gov)  
[www.learnabouthmong.org](http://www.learnabouthmong.org)  
[www.hmongcenter.org](http://www.hmongcenter.org)  
[www.hmongstudies.org](http://www.hmongstudies.org)  
[www.hmongnet.org](http://www.hmongnet.org)

Source: Donnelly, Nancy. "The Hmong Community: From Laos to the Puget Sound." *Asian Festivals of Washington State: The Hmong New Year* pages 5-6.

WSU King County Extension and the WSU Small Farms Team are working together to address the needs of immigrant farmers in Washington State, including Hmong and Latino, by adapting educational programming to meet their needs.

## Local Students Learn about Nutrition and Agriculture at Local Farms

By Sylvia Kantor and Holly Freishtat, WSU King County Extension

Although our country has its roots in agriculture, many urban children have never had the opportunity to experience a real working farm. We're working to change this for elementary students from White Center and Burien schools. Last year, 140 students from Salmon Creek Elementary School visited Fall City Farm where they got to enjoy a hay ride farm tour



Students from Salmon Creek Elementary School.

as well as nutrition scavenger hunt. This year, as a prelude to the 7th Annual Harvest Celebration Farm Tour in King County, WSU King County Extension will bring 300 students out to visit two local farms.

During the last week in September several orange buses will arrive at Fall City Farm and Full Circle Farm filled with students from all kinds of backgrounds. These kids have been learning about nutrition and growing food in school with the WSU Food \$ense CHANGE program and will get to see and experience what they have been learning about on a much larger scale. Not only will they meet the farmers who grow some of the food they learn and cook with in the classroom, the students will harvest and prepare a dish from farm fresh produce. They will also have the chance to harvest

a vegetable to take home and spend time learning and playing on the farm through fun activities, such as relay races in a corn field or a nutrition oriented scavenger hunt.

Our hope is to plant a seed of experience and knowledge through farm field trips so when these students eat locally grown produce in their school, they will remember that the food comes from local farms like the ones they visited.

For more information on the WSU Food \$ense CHANGE Program and to find out how you can help support the use of local organic produce for experiential learning in the classroom and annual field trips to local farms for low income students and parents, please visit [www.metrokc.gov/wsucce/FoodSense/CHANGE](http://www.metrokc.gov/wsucce/FoodSense/CHANGE)

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